

Curriculum Guide  
Subject Focus: Physical Education  
Grades: 5-6

**STANDARD 2.5 (Motor Skill Development)** All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.

**STANDARD 2.6 (Fitness )** All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

**ESSENTIAL QUESTIONS**

- How can understanding movement concepts improve my performance?
- How does my use of movement influence that of others?
- How can I make movement more interesting, fun, and enjoyable?

**Unit Theme – Throwing and Catching**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
2.5.6.A.1 2.5.6.A.2 2.5.6.A.4 2.5.6.B.1 2.5.6.B.2 2.5.6.C.1 2.5.6.C.2 2.5.6.C.3 2.6.6.A.2	<ul style="list-style-type: none"> <li>• Explain and Perform efficient catching and throwing techniques.</li> <li>• Demonstrate body control while throwing and catching.</li> <li>• Detect and correct errors in one’s movement performance.</li> <li>• Demonstrate the use of offensive, defensive, and cooperative strategies.</li> <li>• Apply strategies taught to make modifications for improvement.</li> <li>• Apply and follow rules for game situations.</li> <li>• Determine to what extent various activities improve throwing and catching.</li> </ul>	Koosh Ball Toss Football Yarn Ball Newcomb Ball Frisbee Cooperative Games	Balls, Cones, Poly Spots, Frisbees, Bowling Pins, Pinnies, Flags Belts  <b>BOOKS:</b>  <u>Ready to Use PE Activities Grades 5-6</u>  <u>Teaching Middle School Physical Education 3<sup>rd</sup> Edition</u>	<ul style="list-style-type: none"> <li>• Teacher Observation</li> <li>• Question and Answer</li> <li>• Demonstrate, Understand and follow verbal directions.</li> <li>• Written Test</li> <li>• Check-list for skills</li> <li>• Participation/ Effort/Attitude</li> </ul>

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<p><b>STANDARD 2.5 (Motor Skill Development)</b> All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.</p> <p><b>STANDARD 2.6 (Fitness)</b> All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.</p>
<p><b>ESSENTIAL QUESTIONS</b></p> <ul style="list-style-type: none"> <li>• Why is it so difficult to become healthy and physically fit?</li> <li>• Why is it even harder to stay healthy and physically fit?</li> <li>• How can I set challenging fitness goals that help me stay committed to wellness?</li> </ul>
<p><b>Unit Theme – Fitness</b></p>

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
2.5.A.1-4 2.5.B.2 2.6.6.A.1-6 2.5.6.C.1 2.5.6.C.2	<ul style="list-style-type: none"> <li>• Perform movements efficiently and effectively</li> <li>• Demonstrate movement sequences individually and with others</li> <li>• Give feedback to detect and improve performance</li> <li>• Develop a personal fitness plan</li> <li>• Discuss the health benefits of physical activities</li> <li>• Determine what activities improve fitness components</li> <li>• Predict how lifestyle and environmental factors impact</li> </ul>	<ul style="list-style-type: none"> <li>• Endurance Run</li> <li>• Yoga</li> <li>• Circuit training</li> <li>• Fitness Gram</li> <li>• Strength Training</li> <li>• Fitness Journal</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Balls</li> <li>• Stop Watches</li> <li>• Exercise Mats</li> <li>• Dumb bells</li> <li>• Jump Ropes</li> <li>• Exercise Bands</li> <li>• Medicine Balls</li> <li>• Steppers</li> <li>• Cones</li> </ul> <p>BOOKS: <u>Ready to Use PE Activities</u> <u>Grades 5-6</u></p>	<ul style="list-style-type: none"> <li>• Fitness Journal</li> <li>• Fitness Test</li> <li>• Quiz on Fitness Concepts</li> <li>• Workout Log</li> <li>• Teacher Observation</li> <li>• Question and Answer</li> <li>• Pre/Post Fitness Test</li> </ul>

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
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	<p>personal fitness</p> <ul style="list-style-type: none"> <li>• Relate physical activity, healthy eating and body composition to personal fitness and health.</li> <li>• Explain and apply the FITT principle.</li> </ul>		<p><u>Teaching Middle School Physical Education 3<sup>rd</sup> Edition</u></p>	
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**ESSENTIAL QUESTIONS**

Why is it important to follow rules when playing games?

Why is it important to work together?

Why is it important to show good sportsmanship?

How do you work together as a team to succeed?

**Unit Theme – Team Building /Problem Solving**

<p>2.5.6.A.1 2.5.6.A.2 2.5.6.A.4 2.5.6.B.1 2.5.6.B.2 2.5.6.C.1 2.5.6.C.2 2.6.6.A.2</p>	<ul style="list-style-type: none"> <li>• Works with others to obtain a common goal</li> <li>• Plan a strategy to successfully complete physical and mental challenges</li> <li>• Explore a variety of solutions to problems</li> <li>• Differentiate between cooperative and competitive skills</li> <li>• Analyze the problems and challenges</li> </ul>	<ul style="list-style-type: none"> <li>• Ladder game</li> <li>• Line-up in order game</li> <li>• Cube Game(PVC)</li> <li>• Spider Web</li> <li>• Buddy Walkers</li> <li>• Blind Fold Walk</li> <li>• Trust Fall</li> <li>• Team Jump Rope</li> <li>• Orienteering</li> </ul>	<ul style="list-style-type: none"> <li>• Ladders</li> <li>• Noodles</li> <li>• Mats</li> <li>• Stop Watches</li> <li>• PVC Cube</li> <li>• Spider Web</li> <li>• Buckets</li> <li>• Buddy Walkers</li> <li>• Bandanas/Blind Folds</li> <li>• Jump Ropes</li> <li>• Compass</li> </ul> <p>BOOKS: <u>Ready to Use PE Activities Grades 5-6</u></p> <p><u>Teaching Middle School Physical Education 3<sup>rd</sup> Edition</u></p>	<ul style="list-style-type: none"> <li>• Teacher Observation</li> <li>• Demonstrate, Understand, and Follow Directions</li> <li>• Pre/Post Self Evaluation Test</li> </ul>
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**STANDARD 2.6 (Fitness) All students will apply health related and skill related fitness concepts and skills to develop and maintain a healthy lifestyle.**

**ESSENTIAL QUESTIONS**

- Why is it so difficult to become healthy and physically fit?
- How can I set challenging fitness goals that help me stay committed to wellness?

**Unit Theme**

<b>NJ CCCS</b>	<b>Outcomes: Students will...</b>	<b>Activities</b>	<b>MATERIALS</b>	<b>ASSESSMENT</b>
